

SUBSTITUTE ABSTRACT

The method of recording audiovisual contents broadcast according to a schedule includes a step of selecting from an access terminal an audiovisual content to be recorded, the content being associated with a broadcast date and time, and a step of the access terminal receiving a record file of the selected audiovisual content. The file containing information identifies the audiovisual content and the scheduled date and time for broadcasting it. The record file further includes the address of an update server for generating a request to update the record file sent by the terminal to the update server.